

Bobbie Barbrey demonstrates the capabilities of his Biomeridian scanning device to Megan Smith, a UNC pharmacy student working with him as an intern.



Owner and operator of Medicap Pharmacy in North Raleigh for many years, Bobbie Barbrey is a pharmacist, a compounding specialist, and certified clinical nutritionist who has a passion for helping people attain optimal levels of health and well-being.

His consultations to help people develop comprehensive, good health plans are increasingly popular for a simple reason: they are highly effective in guiding people along the path to good health.

His expertise in the broad field of nutrition is a special gift to his clients, who, like many of us, are often overwhelmed by contradictory claims about food benefits and specific diets.

“It’s true that on a regular basis the media reports on new, transformational, miracle diets that will give us energy, help us lose weight, and improve our mood. These become short term solutions without the long term benefits of a proper, balanced diet. In fact, we’re all genetically oriented to eating a Paleo type of diet—eating wholesome foods from the food groups our hunter-gatherer ancestors thrived on a very long time ago.

“This diet includes fresh meats—preferably free-range—seafood, fresh fruits, vegetables, seeds, and healthy oils, and excludes dairy products, refined sugars, and—across the board—processed foods.

“Diets that focus on the exclusion or unhealthy restriction of a single food group to achieve a temporary goal are never successful over time. Our bodies want balance—a balance of nutrients from a range of good quality living foods. When you start segmenting diets and simply targeting specific foods, you will invariably miss some of the essential vitamins and minerals needed to gain and maintain optimum health.”

THE FIRST STEP

Agreeing to eat this wonderful diet, even on a trial basis, “is just the first step on the path to real wellness,” Mr. Barbrey finds. “We also have to assess how well people digest these foods: Are they chewing their food long enough? Do they have the digestive enzymes they need? Is the small intestine capable of absorbing the nutrients from the foods they are eating? And then, of critical importance, are they unknowingly allergic or sensitive to certain foods?”

With the advent of factory farming, notes Mr. Barbrey, “we’ve introduced more chemicals, more antibiotics, pesticides, and herbicides into our foods, not to mention the fact that we’re genetically altering and hybridizing foods. Not surprisingly our body may survey what we have wrought and simply say, ‘Wait, I’m not designed to handle this. What am I supposed to do?’

“And suddenly, over a relatively short span, we have a dramatic increase in such conditions as Crohn’s disease, an inflammatory bowel condition, celiac, IBS, cancer, diabetes, cardiovascular disease, on-going constipation, and other conditions. These are signals from our body that our system is not working properly, it’s out of balance. We need to train ourselves to listen to our bodies—they give us marvelous clues that will help us become healthier when we pay attention and take action.”

A CHALLENGE TO READERS

Mr. Barbrey uses a biomeridian scanning device to non-invasively assess and identify areas of inflammation in the body (*see photo*), areas that may provide additional clues to addressing the symptom picture presented.

Food for Thought (and Your Body)

“On a first visit with a client as we develop their customized health plan, I will use energetic testing to determine sensitivity to gluten, dairy, and corn. I see very few patients who are not sensitive to those foods, and I will challenge everyone reading this article to say, ‘OK, for 30 days I’ll take Bobbie’s advice and just stay away from gluten, dairy, and even corn.’ Do that for just 30 days and I guarantee you will feel better. Sometimes the first step in improving a person’s health can be just that simple.

“As a guide, I recommend the book, *Wheat Belly* by Dr. William Davis, a cardiologist. The book explains that over 200 million Americans consume products made of wheat, and half of them experience some adverse health effect including the bulges that are ‘wheat bellies.’ In the worst cases, gluten sensitive people can develop celiac disease, which can be a really difficult condition.

“We work with Cyrex Laboratories which is able to test 24 different aspects of the gluten protein structure. This is remarkable because in the past testing focused on only one portion of the gluten molecule, alpha gliadin. If you were not sensitive to that structure you were told that gluten was not an issue for you. Now we know that you can also be sensitive to other parts of the gluten molecule and that sensitivity can cause brain fog, headaches, skin rashes, joint pain and a host of other symptoms not commonly thought to be caused by gluten.

“When I’m working with a client we always discuss lifestyle, diet, and some targeted nutritional supplementation. You can’t build a house without a foundation. And you can’t build a healthy body—optimal health—without the proper diet, the body’s foundation.

“Change can be difficult. But until you decide to adopt a diet that will preserve and protect you for the rest of your life, you cannot expect to enjoy optimal health. Start with the principles of the Paleo diet; it’s a good beginning. We can then modify this to fit your goals and sensitivities.

“As a pharmacist, and I say this respectfully, I began

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my career excited about helping people with their health by the use of medications. Medications are helpful and often essential for some people—especially for those who won’t take responsibility for their lifestyle and dietary choices. As I progressed in my career, however, I found increasingly that my passion was more about teaching and educating people about the path to achieving the benefits of optimal health.

“I experienced the importance of this first-hand in my own family. My father died in the early 1990s of advanced heart disease. He simply never ate properly and was lax about exercise and other lifestyle issues. His death propelled my interest to achieve the highest levels of health for myself, my family and for those who have turned to me as a guide on their journey to better health and well-being. I’m grateful to be where I am, doing what I’m doing.”

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